



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 04-05-12)

Visit us at www.fns.usda.gov/fdd

110089 – BEANS, GARBANZO, DRY, 25 lb

CATEGORY	<ul style="list-style-type: none">• Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none">• U.S. No. 1 grade dry garbanzo beans.
PACK/YIELD	<ul style="list-style-type: none">• 25 lb bag.• One 25 lb bag AP yields about 56¼ cups dry whole navy or pea beans and provides about 597.5 ¼-cup servings cooked navy or pea beans OR about 298.7 ½-cup servings cooked navy or pea beans.• One lb AP yields 1 lb (about 2¼ cups) dry whole navy or pea beans and provides about 23.9 ¼-cup servings cooked navy or pea beans OR about 11.9 ½-cup servings cooked navy or pea beans.• CN Crediting: ¼ cup cooked, drained navy or pea beans provides 1 oz-equivalent meat/meat alternate OR ¼ cup cooked, drained navy or pea beans provides ¼ cup vegetable BUT NOT both components at the same meal.
STORAGE	<ul style="list-style-type: none">• Store dry garbanzo beans off the floor in a cool, dry place. High temperatures cause dry beans to harden and high humidity causes mold.• Store cooked navy or pea beans covered and labeled in a dated nonmetallic container under refrigeration.• Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Chickpeas (garbanzo), mature seeds, cooked, boiled, without salt

	¼ cup (60 g)	½ cup (120 g)
Calories	67	134
Protein	3.63 g	7.27 g
Carbohydrate	11.24 g	22.48 g
Dietary Fiber	3.1 g	6.2 g
Sugars	1.97 g	3.94 g
Total Fat	1.06 g	2.12 g
Saturated Fat	0.07 g	0.14 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.81 mg	1.62 mg
Calcium	20 mg	40 mg
Sodium	3 mg	6 mg
Magnesium	17 mg	39 mg
Potassium	119 mg	239 mg
Vitamin A	11 IU	22 IU
Vitamin A	0 RAE	1 RAE
Vitamin C	.5 mg	1.1 mg
Vitamin E	.14 mg	.29 mg



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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">• Sort dry beans to remove foreign matter, and rinse in cold water. Soaking shortens cooking time and ensures that the beans will hold their shape.• Soak dry beans overnight by adding dry beans to cold water. Cover and let stand in refrigerator overnight. Pour off soaking water, rinse, and cook immediately after soaking period. Longer periods of soaking are not recommended.• For quick soaking, pour dry beans into boiling water and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Pour off soaking water, rinse, and cook immediately after soaking period.• To cook, use approximately 1¾ qt boiling water for each lb of beans. Optional, add ½ tsp salt for every lb of beans. Cook for 1-2 hours. Add additional boiling water if beans become dry. Drain, if desired.
USES AND TIPS	<ul style="list-style-type: none">• Serve garbanzo beans as a salad topping. Garbanzo beans can also be incorporated into soups and casseroles.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• NEVER USE foods from cans that are leaking, bulging, or are badly dented.• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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